



MEMORIAL DAY, MAY 25

**WE REMEMBER AND HONOR**

Let us remember those who fought for our country.

**COSA**Well

Bathroom Banter

May 2020

SUNDAY, MAY 31, 2020

**WORLD NO TOBACCO DAY**

Stop smoking for good today,  
before smoking stops you.



## Join the 2020 Marathon Training Program Today

Whether you're an experienced runner or a newbie, join Epic Endurance's Training Program to start preparing for your favorite RnR Marathon endurance event today.

### Program Features:

- 6 week virtual program
- 18 week group program
- 3 training locations
- Team shirts & perks
- Sat morning group runs
- Tues evening workouts

### Program Dates:

- 6 week virtual program  
June 20 - July 25
- 18 week group program  
Aug 1 - Dec 6

For more information visit [epicendurancetx/teamCOSA](https://epicendurancetx/teamCOSA)

SAVE  
THE  
DATE

Wednesday  
May 27, 2020  
from 1-3pm



## Healthy Mind Toolkit

### Boosting Your Mental Health

*presented by Deer Oaks EAP*

This empowering training will help you to gain coping strategies for dealing with adversity in a constructive way and develop structured mechanisms for building better mental health.

Stay tuned for more details coming soon. A recorded version of this presentation will also be available.

When you decide that you are ready to quit, either call the FREE and confidential Quitline at 1.866.784.8454, enroll at [QuitNow.net](https://QuitNow.net) or download the new mobile app.



Most people need support to reach their goals. Quitting tobacco is no different. We've got the app to help you get there.



Enroll now. Search Quit for Life and download.

Marissa

Keith

Chris



Marissa.Ryals  
@sanantonio.gov  
210-207-9356



Keith.Thibodeaux  
@sanantonio.gov  
210-207-9357



Christopher.Baker  
@sanantonio.gov  
210-207-9354

## Remote Health Coaching

The City's Blue Cross Blue Shield of Texas onsite health coaches are now offering their individual health coaching services remotely. Schedule a remote health coaching session today!

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**COSA**Well

[SanAntonio.gov/wellness](https://SanAntonio.gov/wellness)

Have you checked out the latest  
**COSAWell Quarterly Digital Newsletter?**

*Featured this month:*

- Home Workouts
- Healthy Recipes
- Video Success Story
- and so much more!!

